



February 2015

February Days of Interest: Black History Month

2nd- Ground Hogs Day

3rd- The Day the Music Died

6th- Lame Duck Day

11th- Don't Cry Over Spilled Milk Day

12th- Abraham Lincoln's Birthday

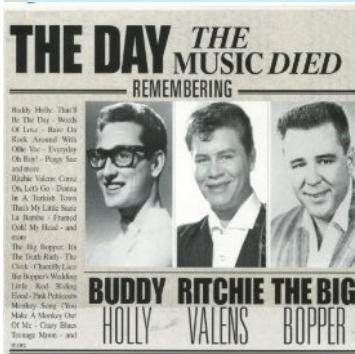
14th- Hug Your Sweetie...



(1)

Feb 3rd— The Day the Music Died.

February 3, 1959 was a sad day in the rock n roll era. This was the day Ritchie Valens, Buddy Holly, and the Big Bopper died in a plane crash as it flew into bad weather. They had just finished the Winter Dance concert, and the tour bus had broken down, causing them all to fly out together. (2)



SANFORD POLICE DEPARTMENT

NW Monthly Newsletter

Volume 1, Issue 6

Help Protect Our Officers

DRIVE SAFELY: The Campaign to Decrease Officer Fatalities on the Road

Law enforcement officers spend much of their time working to make sure the rest of us can travel safely on our nation's roads and highways. And, their efforts have certainly paid off. Since 1963, the number of traffic-related fatalities has declined by 25 percent.

However, traffic-related fatalities were again the leading cause of officer fatalities in 2013. Automobile accidents, motorcycle accidents, and officers being struck by other vehicles all represent significant dangers for our peace officers.

More law enforcement officers in the United States died in traffic-related incidents than from any other single cause of death, including gunfire, for 13 of the last 15 years. (4)

SLOW DOWN AND PAY ATTENTION WHILE DRIVING!

With your help, we can make our roadways safer for officers right now.



On December 4, 2013, a Sanford Motor Officer was seriously injured when an errant/inattentive driver turned in front of them, even while the officer's emergency lights were activated, and visible, to numerous other bystanders and drivers in the area.

REMINDER—Sweet Tea with the Chief of Police

Every 3rd Tuesday of the month, at 6:00pm, is Sweet Tea with The Chief. The event is always held at Sanford Police Department, 815 Historic Goldsboro Blvd, Sanford, inside the Community Room. This is a time for you and your neighbors, or citizens of the city of Sanford to sit down, in a relaxed atmosphere, and discuss your concerns and/or commendations with Chief Cecil Smith directly.

Enjoy complimentary sweet tea and cookies during your evening visit.

Has an officer gone "out of their way" to assist you with an issue or concern? Come join the Chief and let him know. It is always pleasing to hear stories which make headlines in a citizen's heart!



Random Acts of Kindness Day is February 17th.

Today is Random Acts of Kindness Day. And, you know what to do...perform a few random acts of kindness. Almost any kind deed will do. And, we highly recommend you perform kind acts on as many people as you can.

This is a favorite day of many people and groups. People like the idea of showing a little kindness to others. Its a fun and good thing to do. And, they like being on the receiving end of this day as well. It makes both the giver and the receiver feel good.

Schools have used this day as an educational event, and to promote the value of kindness. Organizations have used this day to promote their cause, and for fundraisers. ⁽³⁾

Caution: What comes around, goes around. Random Acts of Kindness are highly contagious.



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Carry out a random act of kindness, with no expectation of reward, safe in the knowledge that one day someone might do the same for you. Princess Diana

CPR—Do You Know What to Do? Cardiopulmonary resuscitation, or CPR, is an emergency procedure performed in an effort to manually preserve intact brain function until further measures are taken to restore spontaneous blood circulation and breathing in a person who is in cardiac arrest. It is indicated in those who are unresponsive with no breathing or abnormal breathing. ⁽⁵⁾

You are out in the neighborhood walking your dog when you see a female lying on the sidewalk. You walk over to check on her and it appears she isn't breathing. What do you do? First and foremost, CALL 911! Make sure paramedics are on their way. Next, if you know CPR, begin the process: Airway, Breathing, Compressions. The chart below gives some instruction on proper CPR, but the best way to learn is through a certified CPR instructor.

All City of Sanford police officers are certified to perform CPR.

RESUSCITATION

1 Danger

Check For Danger To You To Casualty And To Others.

2 Response

Talk & Touch

RESPONDS

Reassure, Make Comfortable. Treat Bleeding And Other Injuries.

3 Send For Help

EMERGENCY PHONE: 000
REMOTE AREAS PHONE: 112 from mobiles

4 Airway

Open Airway

NO RESPONSE

If Required, Roll Casualty On Side To Clear Airway.

5 Breathing

Check For Breathing

BREATHING

Observe Breathing Look, Listen & Feel

6 CPR

For Mutual Protection The Use Of A Shield Devices Is Recommended

NOT BREATHING NORMALLY

Begin CPR
30 Compressions Followed By 2 Rescue Breaths
If Unwilling/ Unable To Perform Rescue Breaths Continue Chest Compressions
Continue CPR Until Responsiveness Or Normal Breathing Return

7 Defibrillation

Attach AED (Automated External Defibrillator) If Available & Follow Prompts.

Child Resuscitation Guide

Child Not Breathing Normally → Give 2 small breaths. Moderately hard. Using 1 or 2 hands compress 1/3 chest depth on the middle of chest. Give 30 compressions & 2 breaths.

Infant Resuscitation Guide

Infant Not Breathing Normally → Give 2 puffs at an. Not head tilt. Using 2 fingers, compress 1/3 chest depth on the middle of chest. Give 30 compressions & 2 breaths.

FIRST AIDER'S CHOICE

Cardio Pulmonary Resuscitation Rate Chart

	Adult & Older Child	Young Child 1-8	Infant Less Than 1
Head Tilt	Maximum	Moderate	Full
CPR Pressure	2 Hands	1 or 2 Hands	2 Fingers
CPR Chest Depth	1/3	1/3	1/3
CPR Rate	100/min	100/min	100/min
Ratio of Compressions to Inflation	30:2	30:2	30:2

If unwilling/unable to perform rescue breathe continue with chest compressions.

(1) Holiday Insights. 2015 Bizarre and Unique Holidays. 2015. Retrieved on January 21, 2015 (<http://www.holidayinsights.com>).
 (2) Lost Flights. Historical Aviation Studies and Research. 2015. Retrieved on January 21, 2015 (<http://www.lostflights.com>).
 (3) Holiday Insights. Random Acts of Kindness Day. 2015. Retrieved on January 21, 2015 (<http://www.holidayinsights.com>).
 (4) National Law Enforcement Memorial Fund. Help Protect Our Officers. 2015. Retrieved January 21, 2015 (<http://www.nleomf.org>).
 (5) http://www.en.wikipedia.org/wiki/Cardiopulmonary_resuscitation
<http://static.seton.net.au/media/catalog/product/cache/1/image/5e06319eda06f020e435949c230972d/c/cpr-y592780-b.jpg>

